

ABSTRACT

5 The invention relates to the discovery of a composition, for example, a beverage, that includes desirable benefits. Such desirable benefits can include, for example, levels of vitamins, minerals, nutrients, factors or compounds that confer healthful benefits, levels of carbohydrate or fiber content, pleasing taste and flavor sensation, pleasing consistency or "mouthfeel", and lower calorie content. The invention also relates to methods of making the composition and methods of using the composition.